

# Fusion Cooking Recipes

What is Fusion Cooking?

Here are some definitions:

Fusion Cooking is taking the locally available ingredients & adjust it to their ethnic taste.

Fusion cooking is a culinary method that integrates various regional cooking styles in order to create innovative new tastes.

Fusion cooking is the art of mixing ingredients and preparation styles from different countries and cultures into a unique dish of flavour.

Fusion cuisine is when you combine particular ethnic cuisines and fuse them into one.

There are many definitions of Fusion Cooking, but the one that I think describes it best is:

Fusion Cooking is about experimentation. Pushing the boundaries of cooking styles by combining ethnic ingredients and techniques. It's about having fun with your food and the enjoyment you get from the taste of your food.

This E-Book is not a cookery course, or any great authority concerning culinary skills.

In fact I know very little about cooking except for what I do in my own kitchen.

Yes, I have followed the recipes to the letter like everyone else and sometimes it comes out like the picture in the book, but most of the time I am disappointed with the comparison.

Fusion is your own food looking how you want it to look, It might be a snack, a sweet, party food or a full blown diner. But it's yours and you like it. Hopefully if you are entertaining guests they too will enjoy what you have created.

# **The Recipes:**

## Baby Corn and Kale Angoor

### Ingredients:

12-16 Baby corn  
100 gm Seedless black grapes  
2 Apple peeled and chopped finely  
1/2 cup Yoghurt  
1 tbsp Ginger paste  
1 tbsp Garlic paste  
1 tsp Green chillies chopped  
1/2 cup Mawa grated  
2 tbsp Fresh cream  
2 tsp Turmeric powder  
1 tbsp Dhania powder  
1 tsp Jeera powder  
1 tbsp Kashmiri red chilli powder  
Salt - to taste  
1 tbsp Oil  
1/2 cup Boiled onion paste  
1/2 cup Tomato puree  
1 tsp Garam masala powder

### Preparation:

Cut baby corn into small pieces. If using fresh baby corn, boil them until soft.  
Heat oil in a pan, add ginger paste and chopped green chillies, cook on medium heat briefly.  
Add boiled onion paste.  
Cook on high heat stirring continuously until oil starts separating.  
Add grated mawa, cook till mawa is mixed with the onion past thoroughly.  
Add tomato puree, beaten yoghurt, Kashmiri chilli powder, Dhania powder, Jeera powder and turmeric powder, continue stirring while cooking the masala.  
Add finely chopped apples and half a cup of water.  
Cook covered on medium heat, stirring occasionally till apples are mashed thoroughly.  
Add baby corn and seedless grapes, mix well and add salt.  
Stir in fresh cream, mix well.  
Mix in Garam masala powder and serve garnished with black grapes

## Apple Crepe with Cinnamon Ice Cream

### Ingredients

#### Pancake:

100g flour  
250ml milk  
2 eggs  
1 egg yolk  
A dash of salt  
A dash of sugar

#### Cinnamon Ice Cream:

100ml vanilla ice cream  
2g cinnamon powder

#### Apple filling:

2 green apples  
20g custard powder  
1 lime, extract juice  
1g cinnamon powder  
50g sugar

### Preparation:

To make the pancake: Whisk the ingredients to form a smooth batter. Make thin pancakes on a non-stick pan.

To make the cinnamon ice cream: Let the ice cream softened a little before whisking in the cinnamon powder. Stick the ice cream back in the freezer for a while before serving.

To make the apple filling: Peel, core and dice apples. Put in a pot and sauté in its own juice until soft. Add in a bit of water, then lime juice and sugar. Thicken with custard powder diluted in water and add the cinnamon powder. Mix well before removing from heat.

To assemble, spoon some apple filling onto a pancake and roll it up. Place on a plate and top with a scoop of the cinnamon ice cream.

## Quinoa Applesauce Cake

### Ingredients:

#### Dry

1 3/4 cup quinoa flour  
1 cup currants or other dried fruit  
1/2 cup chopped pecans or macnuts  
1/2 tsp baking powder  
1/2 tsp salt  
1/2 tsp cinnamon  
1/2 tsp ground clove

#### Wet

1/2 cup safflower oil  
1 cup Sucanat  
2 cups unsweetened applesauce

Preheat oven to 350

Mix together dry in large mixing bowl

Mix together wet in small mixing bowl

Add wet to dry. Combine well

Spoon batter into 8x8 inch baking pan and bake for 40-45 minutes or until toothpick comes out clean.

## Wilted Beet Greens Bruschetta

### Ingredients:

Beet greens Chopped  
3 Tbsp Oil  
1 Crushed. Garlic clove  
1/2 tsp Crushed. Red pepper flakes  
Salt  
2 tsp Lemon Juice  
1/4 Cup Onion thinly sliced  
Asiago Cheese  
1 No. Baguette sliced

### Method:

Heat oil, add onions & cook till soft.  
Add garlic, pepper flakes & greens.  
Cook till greens are thoroughly wilted. Sprinkle Lemon juice.  
Place warm greens on top of Baguette slice, top with Asiago cheese.

## Baguette

### Ingredients:

Baguette or French bread sliced  
Salt & Pepper as sprinkle.  
Oil to coat the slices.

### Method:

Pre-heat the Oven to 350°F.  
Arrange the slices on a cookie sheet.  
Brush Oil on both the sides.  
Sprinkle salt & Pepper.  
Bake it in the oven for 8 - 10 minutes.  
Turn them once while baking.  
Cool on a wire rack before enjoying them.

## Red-Bean Burger.

### Ingredients:

#### Burger

1 tbsp olive oil  
1 onion diced  
1 garlic clove diced  
1 tsp cumin  
1 tsp coriander - dry  
1/4 tsp turmeric  
1 1/2 cups Portobello mushroom diced  
1 3/4 cups kidney beans - canned  
2 tbsp cilantro  
2 cups tortilla chips crushed - spicy  
1 3/4 cups bread crumbs white  
1 tbsp Tabasco Sauce  
1/2 tsp salt  
1/4 tsp pepper  
1/2 cup all-purpose flour for dusting  
2 tbsp vegetable oil

#### Three-onion Ceviche

1 lime juiced  
2 tbsp peanut oil  
1/2 garlic clove crushed  
1 tbsp cilantro chopped  
4 scallion cut into 2 inch lengths & shredded  
1 red onion halved & thinly sliced  
2 tbsp chive cut into 2 inch lengths

#### Green Chilli Mayo

3 egg yolk  
1 tsp Dijon mustard  
1 tsp white wine vinegar  
1/2 tsp salt  
1/4 tsp white pepper  
1 cup vegetable oil  
2 tsp lemon juice  
1 tsp jalapeno chilli deseeded and diced

Preparation:

Heat the olive oil in a frying pan, add the onion and garlic, and cook until softened.

Add the spices mix well, and cook for a further 2 minutes.

Add the mushrooms, and cook over a low heat until they are soft by dry.

Place the beans in a bowl and mash lightly with a fork; add to the mushrooms along with the cilantro and hot pepper sauce.

Add the bread crumbs and crushed tortilla chips a 1/4 cup at a time. The mixture needs to stay rather wet so patties may be formed. Not all of the bread crumbs and crushed tortilla chips may be necessary.

Season with salt and pepper to taste.

Using floured hands, form the mixture into 4 evenly sized burgers (if the mix is a little too wet, add more bread crumbs).

Brush the burgers with a little oil.

Heat a thin film of the oil in a large non-stick frying pan and, when hot, add the burgers. Cook for 2-3 minutes on each side until golden and crispy.

To make the Three-onion Ceviche:

In a bowl, whisk together the lime juice, peanut oil, and garlic, and add the cilantro.

Leave to marinate for 30 minutes.

Just before serving, add the scallions, onion, and chives, and toss gently together. Season with salt and pepper to taste.

To make the Green Chilli Mayo:

Place the egg yolks, mustard, and vinegar in a bowl; add a little salt and pepper.

Slowly, whisk in the oil, pouring it in a fine steady stream from a jug or ladle.

Whisk continuously until the mayonnaise will be thick in texture.

Add the lemon juice.

Add the diced jalapeno and mix well.

Adjust the seasoning to personal taste.



## Kava Brownies

### Ingredients:

#### Dry:

2 Cup Sucanat  
2 Cup Spelt flour  
1 1/3 Cup Chocolate chips  
2/3 Cup Cocoa powder  
1 1/2 tbsp Arrowroot powder  
1/2 tsp Baking soda  
1/4 tsp Sea salt, or to taste

#### Wet

1/2 Cup Hot water  
3 tbsp Applesauce, sugar-free  
3 tbsp Raisins  
2 tsp Flax seeds, ground  
2 tsp Vanilla extract, alcohol free

#### Kava Tea:

2 tsp Kava  
1/3 Cup Filtered water, hot

#### Preparation:

Preheat oven to 350°. Steep kava in filtered water for 20 minutes.

Strain and save liquid.

Place Dry ingredients in a large mixing bowl and mix well.

Place Wet ingredients in a blender and blend until smooth.

Combine all ingredients including Kava Tea and mix well.

Place batter into a parchment paper-lined 9"x13" baking pan, bake until top is slightly crispy and a toothpick comes out of the centre dry, approximately 40-45 minutes.

Allow to cool and top with shredded toasted coconut before serving.

## Tropical Brownies

### Ingredients:

1 stick plus 2 TB unsalted organic butter  
1 cup organic unbleached sugar  
3/4 cup plus 2 TB organic unsweetened cocoa powders  
1/4 tsp sea salt  
1/41 tsp vanilla extract  
1/2 tsp ground cardamom powder  
2 large eggs  
1/2 cup unbleached white flour  
1/4 cup roasted macadamia nuts, chopped  
1/4 cup dried mango, finely chopped  
1/4 cup crystallized ginger, finely chopped

### Preparation:

Preheat oven to 325°F.

Spray an 8-inch baking pan with canola or olive oil spray.

In a medium saucepan, combine the butter with the sugar, cocoa and salt.

Over very low heat, melt the ingredients together stirring constantly until both chocolate and sugar are just melted.

Remove from heat and allow to cool until warm.

Stir in the vanilla and cardamom and then add the eggs, beating vigorously with a wire whisk, one at a time.

Continue to beat until batter is thick and shiny, about another minute.

Add the flour and gently stir to combine then beat vigorously for another minute.

Fold in the nuts, mango and ginger.

Spread the mixture evenly into prepared pan.

Bake for 25 to 30 minutes or until a toothpick inserted into the middle comes out with a small amount of moist batter on it.

Let cool to warm or room temperature before serving.

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## Carrot Soup.

### Ingredients:

4 cups vegetable stock  
1 medium, peeled, and chopped potato  
1 medium and chopped onion  
6 medium peeled and chopped carrots  
2 large and chopped garlic clove  
1 deseeded and chopped Serrano chilli  
12 inch pieced - peeled and chopped gingerroot  
1 tsp juiced lemon  
2 tbsp olive oil  
1 tsp garam masala  
1 tsp Chinese five-spice powder  
1 tsp sesame oil  
2 tsp salt  
1 tsp black pepper  
2 tbsp chopped cilantro

### Preparation:

In a stock pot bring the vegetable stock to a boil over high heat.  
Add the potato, onion, carrots, and garlic.  
Bring to a boil then lower to a simmer over low heat and cook covered for 20 minutes.  
In a frying pan heat the olive oil over medium heat.  
Add the Serrano chilli and gingerroot.  
Sauté for about 1 minute.  
Add the garam masala, Chinese five-spice powder, and lemon juice.  
Sauté for another minute.  
Add the sesame oil and continue to stir until the sauce thickens.  
Remove the pan from the heat and set aside.  
When the vegetables in the broth are tender add the sauce from the frying pan.  
Using a blender puree the soup.  
Heat and serve.

## Couscous with ginger & fresh Vegetable

### Ingredients:

1 Cup Plain Couscous  
1 chopped lengthwise Onion  
10 chopped lengthwise Green Beans  
1 chopped lengthwise Potato  
1 Julienne Carrot  
1/4 cup Peas  
2 " inch piece finely chopped Ginger  
1 finely chopped Serrano chilli  
Salt  
1 tbsp. Oil  
2 Cups Water  
1 tbsp. Lemon juice

### Preparation:

Add Couscous to 2 Cups of boiling water & set aside.

Heat a pan with Oil, add Onions & fry till translucent.

Add Ginger, Serrano's & stir for a moment & then add vegetables One by One.

Add salt. Stir, cover & cook at lower heat till the veggies are done.

Keep stirring in between.

This will take roughly about 10-15 minutes.

Fluff the Couscous with a fork & add the veggies, lemon juice & mix.

Adjust the seasoning & serve Garnished with Parsley.

## White Bean Chili

### Ingredients:

2 Tbsp Olive Oil  
2 Chopped Onions  
3 15oz Cans Cannelloni (white) Beans,  
1 14.5 oz Vegetable stock  
1 Tbsp Chopped Fresh cilantro  
2 cloves Garlic, minced  
2 finely diced Jalapeno peppers

### Preparation:

Dain, puree 1-1/2 beans in a food processor  
Heat olive oil in large pot, Add onion, garlic & peppers; cook 1 min longer.  
Add mashed and whole beans to pot along with broth.  
Bring mixture to boil; reduce heat to LOW and let simmer 15 min. Stir in cilantro.

## Cheesecake

### Ingredients:

#### Filling

2 lbs Tofu, firm  
1 Cup Sucanat  
½ Cup Soy milk  
½ Cup Maple syrup  
⅓ Cup Lemon juice, fresh squeezed  
4 tbsp Nutritional yeast  
2 ½ tbsp Arrowroot powder  
2 tbsp Vanilla extract, alcohol free  
½ tsp Sea salt, or to taste

#### Crust - Dry

2 Cup Spelt flour  
¼ Cup Sucanat  
1 tbsp Arrowroot powder  
1 tsp Baking powder  
¼ tsp Cardamom powder  
¼ tsp Sea salt, or to taste

#### Crust - Wet

⅓ Cup Safflower oil  
2 tbsp Maple syrup  
2 tbsp Apple juice, fresh  
1 tsp Vanilla extract, alcohol free

### Preparation:

Preheat oven to 350°.

For Crust, place dry ingredients together in a large mixing bowl and mix well.

Place wet ingredients in another bowl & mix well.

Add wet to dry, mixing well with hands, crumbling the ingredients together repeatedly.

Press into the bottom of a 10" spring form pan.

Bake for 5 minutes.

Place all Filling ingredients in a large blender and blend until smooth.

Pour on top of crust and bake for 1 hour or until top turns a golden brown and centre does not jiggle too much.

Allow to cool before running a knife around the edge and removing from spring form pan.

[http://www.paradigm-web.co.uk/cheesecake\\_recipes\\_ebook.htm](http://www.paradigm-web.co.uk/cheesecake_recipes_ebook.htm)

## Flaming Cherries with Coconut Ice-Cream.

### Ingredients:

100g cherries  
50g castor sugar  
2 tbsp orange juice  
2 tbsp Grand Marnier  
1 scoop coconut ice cream  
1 sprig mint leaves

### Preparation:

Stem and pit the cherries.  
Dissolve sugar in the orange juice and bring to a boil.  
Cook cherries in boiling orange juice for 3-4 minutes.  
Heat the Grand Marnier.  
Add to the cherries.  
Light and serve the flaming cherries with coconut ice cream  
Garnish with mint leaves.



## Eggplant Timbales

### Ingredients:

2 Eggplants  
2 tbsp Olive Oil  
Salt & Pepper  
1/4 Cup. Bread Crumbs  
1 1/4 Cup. Mozzarella diced  
2 Cups. Tomato Sauce  
Basil leaves

### Preparation:

Preheat Oven to 400°F.  
Brush 6 ramekins with olive oil & coat with Bread Crumbs.  
Slice 1 Eggplant to thick strips lengthwise & other into thick rounds.  
Arrange them into baking sheets, brush with oil & season with Salt & Pepper.  
Bake 8-10 min or till tender.  
Lower the oven to 375°.

### Assembling the Timabales. :

Line each ramekin with 3 strips of Eggplant, allowing to hangover the edges.  
Add 1 tbsp of sauce, mozzarella & cover with round.  
Repeat 2 more times.  
Bring the overhanging strips over the filling to enclose it.  
Bake for about 30 minutes, cool 10 min.  
Unmould onto a plate.  
Drizzle with sauce around & decorate with Basil leaves.

## Egg Free 'Egg' Salad

### Ingredients:

1 lb extra firm tofu, crumbled  
¾ Cup Celery, diced  
½ Cup Red onion, diced  
½ Cup Vegan mayonnaise.  
1 tbsp Dill, minced, or ½ tsp dry  
2 ½ tsp Stone ground mustard  
1 ½ tsp Apple cider vinegar, raw  
1 tsp Turmeric powder  
½ tsp Garlic, minced  
Black pepper, ground to taste  
Sea salt, to taste  
2½ tbsp shoyu

### Preparation:

Combine all ingredients in a large mixing bowl and gently mix well.  
For additional flavour, allow to sit for a few hours before serving.

## Guacamole and Seven Spice Wonton Crisps

Ingredients:

Guacamole:

3 ripe Haas avocados  
½ red onion, chopped  
½ cup chopped water chestnuts  
2 cloves garlic, crushed  
4 scallion stalks, sliced thin  
1 tomato, seeded and chopped  
juice of 1 lime  
1 tsp shiraccha chilli sauce (or dash Tabasco, to taste)  
Salt  
Pepper

Wonton Crisps:

1 package round wonton wrappers  
1 Tbsp cumin  
1 Tbsp chilli powder  
1 Tbsp salt  
1 Tbsp Chinese 5-Spice Powder  
2 cups vegetable oil

Preparation:

Make guacamole:

Combine all ingredients in a large bowl, mashing avocado until coarse and creamy.  
Season with salt and pepper to taste.

Wonton Crisps:

In a small bowl, mix all spices.  
Heat 2 cups vegetable oil in a large, heavy saucepan or wok over medium-high heat.  
Add 1 wonton square to pan, to test heat.  
If it turns golden brown and crisp in 30 seconds, the pan is ready.  
Otherwise, turn heat up or down to adjust and retest.  
Add wonton squares to pan, in small batches.  
Using slotted spoon, transfer wontons to a baking sheet lined with paper towels and drain.

Immediately sprinkle with the spice mixture to coat lightly.  
Transfer to serving dish.  
Repeat with remaining wonton crisps.  
Serve with guacamole.

## Hummus Guacamole

### Ingredients:

1 Ripe avocado, peeled  
2 cup Hummus  
1 Scallion, chopped  
1 small Tomato, chopped  
1 Green chilli chopped  
Olive oil  
Cilantro, chopped  
Pita

### Preparation:

Scoop avocado into a medium bowl.  
Mash & add hummus, blend thoroughly.  
Gently stir in the scallion, tomato & chillies.  
Check seasonings.  
Cover & refrigerate.  
Before serving, drizzle with olive oil & garnish with cilantro.  
Serve with pita wedges.

## Granola

### Ingredients:

#### Dry:

3 Cups Rolled oats  
1 Cup Pecans or other nuts, chopped  
1 Cup Spelt flour  
½ Cup Hemp seeds  
½ tsp Sea salt  
½ tsp Cinnamon powder  
¼ tsp Cardamom powder  
Pinch Allspice powder  
Pinch Ginger powder

#### Wet:

¾ Cup Safflower oil  
¾ Cup Maple syrup  
1 tsp Vanilla extract, alcohol free

### Preparation:

Preheat oven to 350°.

Combine Dry ingredients in a large mixing bowl and mix well.

Place Wet ingredients in a small bowl and whisk well.

Stir all ingredients together.

Place on a well oiled baking sheet and bake until golden brown, approximately 30 minutes, stirring occasionally to break granola up into small chunks.

Remove and let sit 5 minutes.

## Fire Roasted Gazpacho

### Ingredients:

4 Cup Tomato juice, fresh  
4 large Roma tomatoes, grilled (1 ½ C chopped)  
2 / 3 Cup Filtered water or vegetable stock  
2 / 3 Cup Cucumber, peeled, seeded & diced  
2 / 3 Cup Corn, fresh or frozen  
½ Cup Green bell pepper, diced  
1 / 3 Cup Red onion, diced  
3 Tbsp Lime juice, fresh squeezed  
3 Tbsp Cilantro, minced  
1 Tbsp shoyu, or to taste  
1 Tbsp Basil, minced  
1 ¼ tsp Cumin powder, toasted  
1 tsp Garlic, minced  
1 tsp Jalapeño pepper, seeded & minced  
½ tsp Chilli powder  
½ tsp Hot sauce  
Pinch Cayenne pepper  
Sea salt, to taste  
Black pepper, ground to taste

### Preparation:

Place tomatoes and juice in blender and blend until smooth.  
Place in a large mixing bowl with remaining ingredients and mix well.  
Serve chilled, the colder the better.

## East Meets West Guacamole

Ingredients:

Guacamole:

3 medium ripe Haas avocados  
1/2 red onion, diced  
1/2 cup water chestnuts, diced  
2 medium cloves garlic, minced (2 TB)  
1 tsp cumin powder, ground  
1/2 tsp 5-spice powder  
1/2 tsp hot sesame chilli oil  
2 TB cilantro leaves, minced  
Juice of 2 small or 1 medium fresh lime, (3 TB)  
Sea salt, to taste  
4 green onions, thinly sliced  
8 cilantro sprigs

Spicy Pita Crisps:

6 pita breads make 48 pita crisps  
1 package pita bread  
1 TB cumin, ground  
1 tsp smoked paprika  
1 tsp 5-spice powder  
1 TB garlic powder  
3 TB black sesame seeds  
Sea salt, to taste  
Vegetable or olive oil spray

Preparation:

Cut the avocados and scrape all of the pulp into a medium bowl.  
Roughly mash the avocado while mixing in the red onion, water chestnuts, garlic, cumin, 5-spice, sesame chilli oil, cilantro leaves, lime juice and salt, making a coarse, thick and creamy mixture.  
Set aside while preparing the crisps.

Preheat the oven to 350°F.

Slice each pita bread into 8 wedges.

Gently separate each wedge by pulling it apart three-fourths of the way.



In a small bowl, combine the cumin, paprika, 5-spice, garlic powder, sesame seeds and salt.

Spray each pita crisp with oil.

Immediately sprinkle with spice mixture to coat lightly.

Transfer to a baking sheet. Bake for 10 minutes or until golden brown and crispy.

Be careful not to burn the spices or they will be bitter.

Drain the pita crisps on a paper towel and transfer to a platter.

Garnish the guacamole with cilantro sprigs and sliced green onions and serve room temperature or chilled with pita crisps.

## Gingerbread Pancakes

### Ingredients:

#### Dry

1 cup buckwheat flour  
1 cup spelt flour  
1½ fl oz Sucanat  
1 tbsp flax seeds  
1½ tbsp baking powder  
½ tsp baking soda  
½ tsp sea salt

#### Wet

1¼ cup water  
6 fl oz soy milk  
1 fl oz safflower oil  
2 tbsp unsweetened applesauce  
½ tsp cinnamon  
1 tbsp ground ginger  
4 fl oz molasses  
¼ tsp ground cloves  
¼ tsp ground allspice

### Preparation:

Preheat a griddle or skillet to medium heat.  
Place dry ingredients in a large bowl and whisk well.  
Combine wet ingredients in another bowl.  
Add wet to dry and mix well.  
Lightly oil the griddle or skillet with sunflower or coconut oil.  
Slowly pour batter into desired size.  
Heat until bubbles appear.  
Flip and cook until golden brown.  
Add syrup of choice.

## Halvah

### Ingredients:

2 Cups Chocolate chips  
2 Cups Raw Tahini (the thickest consistency available)  
3 Tbsp Agave nectar  
1 tsp Vanilla extract, alcohol free  
Pinch Cinnamon powder  
Pinch Cardamom powder

### Preparation:

Melt the chocolate chips in a double boiler  
Combine remaining ingredients in a large mixing bowl.  
Stir in melted chocolate  
Transfer to an 8"x 8" pan and refrigerate until thick, from 30 minutes to a few hours depending upon the thickness of the Tahini used.

## Jicama and Red Bell Pepper Salad Recipe.

### Ingredients:

1 jicama peeled and diced  
1 red bell pepper peeled and diced  
2 green onions sliced  
2 tbsp cilantro diced  
1 lemon juiced  
1 tbsp sugar  
1 tsp salt  
1 tsp Tabasco Sauce  
2 garlic clove diced  
1/3 cup oil

### Preparation:

Combine the jicama, red bell pepper, green onion, and cilantro.  
In a small bowl combine the lemon juice, sugar, salt, Tabasco sauce, and garlic.  
Drizzle in the oil and mix thoroughly.  
Add the dressing to the vegetables to taste and serve.

## BBQ Tempeh Kebobs

### Ingredients:

1 medium Bell pepper, 1" chop  
½ medium Red onion, quartered  
6-8 medium Cherry tomatoes  
1 large Portobello mushroom, 1" cubes

### BBQ Sauce:

¼ C Barley malt syrup  
¼ C Natural Catsup  
2 Tbsp Safflower oil  
2 tsp Apple cider vinegar, raw  
2 tsp Vegetarian Worcestershire sauce  
1 tsp Stone ground mustard  
½ tsp Chilli powder  
½ tsp Paprika  
¼ tsp Liquid smoke (optional)  
Pinch Cayenne pepper, or to taste

### Preparation:

Combine BBQ sauce ingredients in a medium size bowl and whisk well.  
Place Tempeh and vegetables in the bowl mix well and allow to marinate for 20 minutes, stirring occasionally.  
Decoratively arrange Tempeh and vegetables on skewers, finishing each with a cherry tomato.  
Grill until char marks appear and Tempeh and vegetables are cooked through, approximately 15 minutes. Baste with BBQ sauce as grilling and top with remaining BBQ sauce before serving.

## Lotus Blossoms

### Ingredients:

2 Cups Brown basmati rice  
3 Cups Filtered water or vegetable stock  
2 1/3 Cups Coconut milk  
2 tsp Cumin seed  
2 tsp Brown mustard seed  
2 Tbsp Toasted sesame oil  
1 1/3 C Onion, diced  
4 tsp Garlic, minced  
2-3 bunches Spinach or other greens, rinsed, steamed & drained well  
1 Cup Cashews, toasted until golden brown, (page 194)  
1 Cup Garbanzo beans, cooked (page 209)  
2 1/2 Tbsp Nama shoyu  
3 Tbsp Cilantro, minced  
2 tsp Curry powder  
1/2 tsp Crushed red pepper flakes  
Pinch Cayenne pepper  
Sea salt, to taste  
Black pepper, ground to taste

### Preparation:

Add rice, water and 1 cup of coconut milk to a large pot and bring to a boil. Cover, reduce heat to simmer and cook until liquid is absorbed, approximately 35 minutes.

While rice is cooking, place oil in a large sauté pan on medium high heat.

Add cumin seed and mustard seed and cook for 1 minute, stirring constantly.

Add onion and garlic and cook for approximately 5 minutes, stirring frequently.

Remove from heat and place in a large bowl.

Add remaining ingredients including 1 1/3 cup coconut milk and mix well.

Add cooked rice and mix well.

Fill a shallow pan half full with hot water.

Place a rice paper sheet in the hot water and remove when soft, approximately a minute.

Lay individually on a clean, natural-fibre towel.

Place 1/3rd cup of rice mixture on the bottom portion of the rice paper.

Flatten to form into a small rectangle.

Fold sides toward centre and roll up.

Rolls should be thin and tightly rolled.

Place in a container and cover with a clean, slightly moist towel until ready to serve.

Serve with peanut sauce.

## Lentils with Radish Leaves

### Ingredients:

1/2 Cup Lentils  
2 Cups. Water  
2 Bunches Radish Leaves  
1 Onion Chopped to chunks  
1 Serrano Chilli  
Salt

### Seasoning (optional)

1 tsp Mustard seeds  
1 tsp Cumin  
1 Clove minced. Garlic  
1 Red Chilli  
2 tsp Oil/butter

### Preparation:

Boil the water in a pan with Lentils.  
Add Onion Chunks, Serrano & salt.  
Separate the Radishes from the leaves & reserve.  
Wash, chop & add the leaves to the lentils.  
Allow everything to mix & cook till the lentils are done.  
Heat the oil/butter in another small pan & do the seasoning.  
Add to the lentils mixture & Serve as is as or side dish for Rice.

## Stuffed Mushrooms

### Ingredients

15-20 Mushrooms  
1/2 finely Diced Onion  
Salt, Pepper  
2 tbsp Bread Crumbs  
1 tbsp Parsley, Cilantro  
1 tsp Oil

### Preparation:

Wipe the Mushrooms with a cloth.  
Cut the stems off & with a melon baller/spoon.  
Scoop out the inside of the Mushroom so as to form a cup.  
Finely dice the inside skin.  
Heat the Pan with Oil.  
Fry the Onions for a minute.  
Add in the Mushrooms, salt, Pepper & Bread Crumbs.  
Garnish with Cilantro & let it cool a little.  
Stuff these into the Mushrooms.  
Arrange these into the pan with little Oil.  
Sprinkle some salt, Pepper cover & cook for 5 minutes.  
Serve as a cocktail Mushroom with Toothpick insert or as a side dish.



## Fusion Moussaka

### Ingredients:

#### Tempeh Marinade:

5 Mashed garlic cloves  
1 Qt Stock  
½ Bottle red Wine  
1/2 Cup Shoyu  
1/4 Cup Minced thyme and parsley  
2 Tbsp Maple syrup  
1/2 Tbsp Ground mustard  
1/2 Tbsp Chilli flake  
1/4 Tbsp Ground nutmeg  
Salt to taste  
3 lb. Tempeh  
4 Large Globe Eggplants

#### Tofu Custard:

4 lbs Firm tofu  
¼ Cup Nutritional Yeast  
¼ Cup Olive oil  
2 Tbsp Miso  
2 Tbsp Salt  
½ Tbsp Ume vinegar or rice vinegar

#### Tomato Sauce:

2 Qt Cored and seeded tomatoes  
2 Cup Sweet onions  
2 Cup Celery  
5 Garlic cloves  
1/2 Cup Olive oil  
1/2 Cup Minced parsley, thyme and oregano  
1/2 Tbsp Chilli flake  
Stock or water to blend

#### Mushroom Sauté:

6 Portobello mushrooms  
3 Sweet onions  
¼ Cup Grapeseed or sunflower oil  
1 Tbsp Salt  
1 Tbsp Black pepper

## Preparation

### Tempeh Marinade

Combine all of the marinade ingredients in an ovenproof pot and bring to a boil. Add three pounds of Tempeh and bake at 350 for ½ hour.

Turn the Tempeh and cook for an additional ½ hour, before letting the Tempeh cool in its juices.

Slice four large globe eggplants in 1/2" slices, brush with olive oil, dust with salt and roast until slightly softened, approximately 15 minutes.

### Tomato Sauce

Sauté down onions, then celery, then garlic in olive oil.

Add chilli flake followed by the tomatoes a minute later

Heat through, adding liquid to prevent scorching, approx. 15 minutes.

Blend; add herbs and salt to taste.

### Tofu Custard

Combine all the custard ingredients in a food processor and combine until smooth.

Rinse tofu under hot water, or steam and let cool for a creamier consistency.

### Mushroom Sauté

Clean and slice the mushrooms.

Slice the onions and sauté them at high heat with the oil and salt.

When the onions are soft add the mushrooms and pepper.

Cook until the mushrooms have released their liquid.

If the pan gets dry deglaze with 2 Tbsp sherry.

### Cook:

Combine the mushrooms with the Tempeh and then layer the moussaka as follows:

½ of the Tomato Sauce, a layer of eggplant, then the Mushroom/Tempeh, another layer of eggplant then the other ½ of the Tomato sauce, and finally the custard.

Bake at 375 for approx 30 minutes and broil another 5 minutes until the custard starts to turn golden.

### Minted Mocha Fusion

Ingredients:

2 cups Rich Chocolate Hot Cocoa Mix

1/4 cup Instant Coffee

1/4 tsp peppermint extract

Place cocoa mix, Taster's Choice and peppermint extract in blender.

Process until ingredients are combined. Store in airtight container.

Makes 12 servings.

## Noodles

### Ingredients:

1 Tbsp sesame oil  
Chilli oil or chilli flakes, to taste  
1 $\frac{3}{4}$  Tbsp soy sauce  
 $\frac{3}{4}$  Tbsp balsamic vinegar  
1 Tbsp sugar  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  pound fettuccine noodles  
2 green onions, thinly sliced

### Preparation:

Blend sesame oil, chilli oil, soy sauce, balsamic vinegar, sugar & salt in a small bowl.

Cook the noodles for 1 to 2 minutes, until tender, but still firm.

Drain, rinse 2 or 3 times to cool, & put in a large mixing bowl.

Pour the seasoning mixture over the noodles.

Toss gently, then add the green onions & toss again.

Put aside at room temperature for at least 30 minutes.

It is best if left for an hour, or overnight in the refrigerator.

To serve, toss again & garnish with more sliced green onions.

## Gourmet Pizza

### Ingredients:

1 large round cheese bread  
2 oz tomato sauce  
1/4 cup shredded mozzarella  
dash salt  
dash black pepper  
dash oregano  
one spring of fresh rosemary

### Preparation:

Lay the bread out on a metal tray.

Pour the tomato sauce on and spread it around within one inch of the edge.

You want it very thin, with bread peeking out all over.

Spread the mozzarella around in a thin layer. (The bread itself already has cheese in it.)

Sprinkle on the salt, pepper and oregano and tear off the leaves of the rosemary and sprinkle them around.

You can leave it like this or add a topping.

Thinly sliced salami.

Bake in a 350 degree oven for about 8-10 minutes or until the cheese is melted.

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## Sweet Potato Pie

### Ingredients:

1 lb sweet potatoes  
3/4 cup brown sugar  
1/4 tsp salt  
1 tsp ground cinnamon  
1/2 tsp nutmeg  
1/4 tsp ground cloves  
3 eggs  
3/4 cup milk  
3/4 cup heavy cream  
1 Tbsp butter  
1 pie plate lined with pastry crust.

### Preparation:

Pre-heat oven to 400 degrees.

Make some holes in the sweet potatoes with a fork, then microwave on high for 10 minutes.

Allow to cool for 5 minutes.

Cut in half and scoop out the meat inside into a large bowl and beat till smooth.

Blend in the brown sugar, salt and spices.

Beat in the eggs, milk and heavy cream and then beat in the butter.

Pour into pie crust, leaving about a half inch space from the top.

Bake at 400 degrees for about 40-45 minutes.

## Puff Pastry with Potato filling

### Ingredients:

1 Puff Pastry Sheet  
Water to brush along the sides.

### Filling:

2 Potatoes  
Salt  
1 tsp Cumin Powder  
1 tsp Paprika  
1 Tbsp Parsley/cilantro

### Preparation:

Boil, Peel & Mash the potatoes.  
Mix with all powders, parsley & set aside.  
Pre-heat the oven to 400°F.  
Thaw the Pastry for 30 minutes.  
In a flour dusted board cut squares from the sheet.  
With the help of rolling pin roll each square into diamonds.  
Stuff a spoonful of filling into the diamonds.  
Brush with water on the corners & fold to form a triangle.  
Bake for 15-20 minutes till it raises & forms a brown crust.

## Roasted Rosemary Potatoes

### Ingredients:

12 Potatoes medium size  
Garlic cloves crushed  
1/3 Cup Olive Oil  
Salt & Pepper  
1 Tbsp. Dried Rosemary

### Preparation:

Pre-heat Oven to 375°F.  
Scrub the Potato skins & steam for 8-10 minutes.  
Toss with oil, rosemary, garlic, salt & Pepper.  
Place in baking tray & roast for 30 minutes.



## Pumpkin Stew

### Ingredients:

1 Cup. Pumpkin Peeled & sliced to Chunks  
1/2 Cup. Mushrooms Chopped  
1 Garlic Crushed  
1 tsp Ginger paste  
Chilli Powder  
Salt  
1 tsp Brown Sugar  
1 tsp Flour  
3 Cups Water  
1 tbsp Oil

### Preparation:

Heat Oil in a pan, fry ginger & garlic briefly.  
Add in Pumpkin slices & fry for a minute.  
Add Mushroom slices, salt, brown sugar, chilli Powder.  
Mix gently, add water, allow it boil & simmer.  
Cook till pumpkin is done roughly about 15 minutes.  
Make a paste of flour & stir with the stew to thicken.  
Enjoy with Plain Rice.

## Mexican Pizza

Ingredients:

1 Boboli pizza crust or Focaccia Bread

Salsa

Corn

Black Beans

Garlic

Jalapenos

Onion

Preparation:

Top Crust it with salsa and then a layer of cheese

Add corn and black beans

Add sautéed onions, garlic and jalapenos

Then top with one last layer of cheese and bake until cheese is melted.

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## Pasta Masala

### Ingredients:

3 cups Vegetables such as onions, peas, broccoli, carrot, cabbage  
½ cup Butter  
½ tsp. Turmeric Powder  
1 tsp. Garlic(paste)  
1 tsp. Cumin Seeds  
1 tsp. Green Chilli Paste  
1 tbsp. Vegetable Oil  
1 pack Pasta(any shape)  
Spring Onion for garnishing  
Salt to taste

Boil pasta.

Cut all vegetables in long pieces.

In a vessel, put oil and fry all the vegetables on high flame for 2 minutes add a pinch of salt to taste and keep aside.

In pan put butter....add cumin seeds fry for 1 minute.

Add green chilli and garlic paste.

Fry for 1 minute. Optionally add 1/2 tsp turmeric powder for colour.

Add pasta and vegetables.

Add salt to taste

Garnish with finely chopped greens of green onions and serve hot.

## Savoury Potato Balls

### Ingredients:

375g potatoes  
Oil for deep-frying  
25g chopped onion  
1 tbsp oil  
1/2 tsp chopped garlic  
2 tbsp chopped spring onion and coriander leaves  
10g chopped green olives  
1 red chilli, seeded and chopped  
25g finely chopped carrot  
35g self-raising flour

### Seasoning

1/4 tsp salt  
1/4 tsp pepper  
1/2 tsp sugar  
1/2 tsp chicken stock granules

### Coating

1 egg, lightly beaten  
1 cup breadcrumbs

### Preparation:

Scrub potatoes clean and boil them for 15–18 minutes or until tender.  
Drain well then mash with a potato masher.  
Heat oil in a non-stick pan and fry onion and garlic for 2–3 minutes.  
Add carrot and fry for another 1–2 minutes.  
Dish out and leave to cool then add to the mashed potato.  
Add spring onion, chopped olives, chilli and stir in the flour and seasoning.  
Combine well to mix.  
Shape the mixture into small balls.  
Lightly dip the balls in beaten egg and roll the potato balls in breadcrumbs.  
Press the breadcrumbs on firmly so that the potato balls are evenly coated.  
Heat oil in a wok to just hot (do not allow the oil to be smoking hot otherwise it will burn the potato balls immediately).  
Drop the balls in batches for 2–3 minutes or until golden.  
Drain from oil.

## Pepita Pate

### Ingredients:

2 Cup pepita, soaked in distilled water for 1-2 hours  
1 jalapeno, seeded  
¼ Cup olive oil  
Juice of 2 limes  
1 tsp salt  
1 tsp cumin  
1 bunch cilantro, washed and minced  
¼ Cup scallion whites, thinly sliced  
½ Cup tomato, seeded and chopped in 1/8" dice

### Preparation:

Grind pepita, jalapeno, oil, lime juice, and seasonings in food processor.  
Add water as needed, likely 1/2 Cup.  
Once smooth, fold in cilantro, scallions and tomato.  
Enjoy with flax crackers, as a dip, spread or tasty filling

## Pad Thai

### Ingredients:

8 oz Thick Rice noodles  
1 ½ Cup Onion, diced  
½ Cup Green onions, thinly sliced  
1 lb Tofu, extra firm, ¼" cubes  
1 Cup Mung bean sprouts  
⅓ Cup Shoyu, or to taste  
⅓ Cup Lime juice, fresh  
¼ Cup Sucanat  
3 Tbsp Peanut butter  
2 Tbsp Sesame oil  
2 Tbsp Garlic, minced  
1 Tbsp Ginger, peeled & minced  
1 Tbsp Tahini  
1 Tbsp Tamarind pulp  
½ tsp Curry paste or powder  
¼ tsp Crushed red pepper flakes  
¼ tsp Cumin powder  
¼ tsp Coriander, ground  
Cilantro, to garnish  
Ground peanuts, to garnish

### Preparation:

Prepare rice noodles by soaking them in boiling hot water for 8-10 minutes.

Drain well and place in a large mixing bowl.

Place Shoyu, lime juice, peanut butter, Tahini, Sucanat, tamarind pulp, curry paste and spices in a medium mixing bowl and whisk well.

Set aside.

In a wok or large sauté pan, on medium high heat, sauté garlic, ginger and tofu in 1 tbsp sesame oil until tofu is slightly browned, approximately 5 minutes, stirring frequently and adding small amounts of water if necessary to prevent sticking.

Add remaining oil, onion, green onion and cook 5 minutes, stirring frequently.

Optionally, at this time, you may add 1 cup of water chestnuts, 1 cup chopped carrots, and 1 cup of broccoli floret's, or up to 3 cup of assorted vegetables.

Add additional water if necessary to prevent sticking.

Cook lightly for 5 minutes.

Add the peanut sauce mixture and cook until the sauce thickens, approximately 5 minutes, stirring frequently.

Add to noodles in large mixing bowl.

Gently mix in bean sprouts and garnish liberally with freshly chopped cilantro, ground peanuts and a slice of lime.

## Creamy Tofu Pesto

### Ingredients:

12 oz firm silken tofu  
1/4 cup pine nuts  
2 cups fresh basil and arugula, roughly chopped  
2 large cloves garlic, minced  
1 1/2 TB umeboshi vinegar  
2 tbsp organic extra virgin olive oil

### Preparation:

Bring water to a boil in a medium pot with a steamer basket.  
Steam tofu for 10 minutes; remove from heat and let cool.  
Toast pine nuts in a heavy pan over medium heat for about 3 minutes until they just turn golden brown.  
Set aside and let cool.  
Chop basil and arugula and combine with tofu, pine nuts, garlic and umeboshi vinegar in a food processor until a paste is formed.  
While food processor is running, slowly add oil and mix well.  
Serve over warm jasmine rice.

## Edamame Succotash

Preparation:

8 oz gourmet mushroom blend, coarsely chopped  
2 tbsp organic extra virgin olive oil  
Sea salt, to taste  
Ground pepper, to taste  
16 oz (1 package) Edamame soy beans, thawed  
2 cups fresh or frozen organic corn kernels, thawed  
1 cup dried cranberries  
1/2 cup roasted red peppers, diced

Dressing

2 TB Thai sweet red chilli sauce  
1/8–1/4 tsp Thai red curry paste  
2 tbsp mirin  
1 1/2 tbsp toasted sesame oil

Preparation:

Sauté the mushrooms over medium-high heat in the olive oil with salt and pepper for 7 to 8 minutes or until mushrooms give up their liquid.  
Place Edamame and corn in a large serving bowl.  
Add the hot cooked mushrooms, the cranberries and the peppers.  
Make the dressing by whisking together all the ingredients.  
Gently toss together and adjust seasoning to taste.



## Broccoli-Parmesan Pasta

### Ingredients:

#### Broccoli-Parmesan Pasta

1 cup broccoli florets (1 head)  
4 handfuls of dry rotini pasta  
2 tbsp unsalted butter  
2 tbsp extra virgin olive oil  
1 tbsp minced garlic (I use the ready-minced-garlic-in-a-jar for this)  
1 tbsp freshly squeezed lemon juice  
1/2 tsp freshly ground black pepper  
Kosher salt  
1 cup freshly grated Parmesan

### Preparation:

Steam the broccoli for 10 minutes - or until just tender (don't overcook).

Place in a large bowl and set aside.

Meanwhile, in another very large pot, boil a large amount of water, salt well, then add pasta and cook until tender (about 10 minutes).

Drain and add to the broccoli in the large bowl.

In a small sauté pan, heat the butter and oil over medium-low heat until butter is melted.

Add minced garlic and cook for 2-3 minutes, letting the butter brown, but not burn.

Remove from the heat and add the lemon juice.

Pour this over the broccoli and pasta, sprinkle with salt and pepper.

Add grated parmesan and toss well.

It's very important to use a large amount of water and salt the water well when you cook pasta.

## Syrian Pizza

### Ingredients:

1 pizza crust  
Tomato sauce  
1 large chicken breast, cooked and diced  
1 tomato or 4 sun dried tomatoes, diced  
1/2 onion, diced  
1 bunch parsley, chopped  
5 oz can diced black olives  
1 fresh jalapeño pepper, diced  
Greek seasoning to taste  
6 oz mozzarella cheese  
4 oz Feta cheese

### Preparation:

Spread tomato sauce on crust to desired thickness.  
Layer in order onions, chicken, tomatoes, olives, pepper, parsley, Feta, and mozzarella cheese.  
Sprinkle with Greek seasoning and then cook according to directions on the pizza crust.

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## Pineapple pound cake

### Ingredients:

1/2 cup Shorting  
1 tsp baking powder  
1 cup margarine  
1/4 cup milk  
2 2/3 cup sugar  
1 tsp vanilla extract  
6 eggs  
3/4 cup crushed pineapple,  
3 cup all-purpose flour undrained  
Pineapple glaze (below)

### Preparation:

Combine shorting, margarine, & sugar.  
Cream till light & fluffy.  
Add eggs 1 at a time, beating well after each addition.  
Combine flour & baking powder; add to creamed mixture alternately with milk & vanilla, beating well after each addition.  
Stir in pineapple.  
Pour batter into greased and floured 10" tube pan. Cool in 10 minutes.  
Invert onto serving plate; drizzle Pineapple Glaze over top and sides.

### Pineapple glaze:

1/4 cup melted margarine  
1 cup crushed pineapple  
1 1/2 powder sugar

Combine margarine & powdered sugar, mixing till smooth.  
Stir in pineapple.

## Ratatouille

### Ingredients

2 tbsp Oil  
1 Small Onion diced  
1 Garlic clove diced  
1 Eggplant small diced.  
1 Zucchini Peeled & Diced.  
2 Tomatoes Large & firm.  
1 Green Bell Peppers Diced.  
Salt  
1 tsp Ground Cumin Powder  
1 tsp Ground Coriander powder  
1 tsp Chilli powder  
½ tsp Sugar (optional)

### Preparation:

Peel the tomatoes by dipping in hot water then cooling in cold water.  
Remove the skin, & dice the tomatoes.  
Sprinkle salt over eggplant, Zucchini & let stand for 30 minutes.  
Drain & pat dry on Paper towels.  
Heat Oil in a pan, add onions fry till translucent, add garlic & stir.  
Mix in the eggplant, Zucchini & cook.  
Add peppers, tomatoes, salt & cover.  
After few minutes, open the lid &, add all the powders to combine.  
Add water if the veggies stick to pan or too thick.  
Adjust the seasoning & Garnish with Cilantro.  
Serve as side dish for Rice.

## Fusion Rojak

### Ingredients:

1 small jicama (sengkuang), peeled, quartered and thinly sliced  
1 - 2 unripe green mangoes  
Small pineapple, peeled, quartered lengthwise and thinly sliced  
1 green apple, quartered, cored and thinly sliced \*  
1 small (preferably seedless) guava, quartered and thinly sliced  
1 star fruit, thinly sliced into stars  
2 kiwi fruit, peeled and thinly sliced  
1 pomegranate, peel and separate seeds

### Dressing:

3 rounded tbsp skinless peanuts  
1 rounded tbsp sesame seeds  
1 tbsp sweet, dark soy sauce  
1 tsp light soy sauce  
1 tbsp freshly-squeezed lime juice  
1 tbsp sunflower or palm oil  
3 tbsp finely chopped palm sugar (gula melaka)  
2 tbsp white sugar  
2 bird chillies (cilipadi), finely chopped

### Preparation:

Layer thinly sliced fruit into a shallow glass dish.  
Alternatively, stack them in layers on individual plates or bowls.  
Cover and refrigerate until ready to serve.

Fry the peanuts in an oil-free pan over low heat for 15 - 20 minutes, stirring constantly, until crisp and golden.  
Remove, cool and chop roughly.  
In the same pan, toast sesame seeds over low heat until golden brown (about 5 minutes).  
Remove onto a plate.

### Dressing:

Combine all the dressing ingredients (apart from the peanuts and sesame seeds) in a small bowl, stirring well.  
Add the sesame seeds and half the peanuts.  
Serve in a bowl alongside the salad.  
The remaining chopped peanuts should be offered as an additional garnish which guests can sprinkle on their salad.

## Sweet Orange Rice

### Ingredients:

1 cup basmati rice  
2 cardamom  
zest of one orange  
pulp of one orange  
1.5 cups of sugar  
1/2 tsp Kewra water  
Food colouring (yellow, a few drops)

Boil 4 cups of water, along with the cardamom and cloves.

Add rice and cook till almost tender.

Drain.

Boil orange zest 5minutes.

Discard liquid.

Melt sugar in 1/2 cup of water, pour over rice.

Add orange zest and pulp and sprinkle with Kewra water.

Turn gently to incorporate, and keep on very low heat until most of the liquid has evaporated.

Serve warm with milk or cream, or cold with cool whip topping.

## Stuffed Brussel Sprouts

### Ingredients:

20 Brussel Sprouts  
Salt  
2 tbsp Oil  
1 tsp Mustard Seeds

### Fry in 1 tsp oil & grind to Powder:

1 tbsp Dhania seeds  
1 tbsp Urad Dal  
4 Red Chillies  
1 tsp salt  
1 tsp Hing

### Preparation:

Make four slits in Sprouts, so that you can stuff with powder.  
Heat Oil in the pan add mustard seeds, when it starts spluttering  
Add stuffed sprouts salt cover & cook in low fire.  
Keep turning the sprouts frequently so that it doesn't get black.

## Millet Squash Casserole

### Ingredients:

2 cups millet  
6 cups purified water or stock  
1 medium butternut or acorn squash  
2 cups assorted mixed vegetables, chopped small  
¼ cup fresh herbs, minced  
Sea salt and fresh pepper to taste

### Preparation:

Preheat oven to 375°.

Rinse the squash, slice lengthwise and remove the seeds.

Place face down on a lightly oiled baking sheet and bake until a knife can pass through it easily, approximately 30 – 35 minutes.

Remove from oven and allow to cool.

Scoop squash into a large bowl.

While squash is cooking, rinse and clean millet thoroughly under running water.

Combine with purified water or stock in a medium sized sauce pan on medium high heat.

Bring to a boil, reduce heat, cover and cook until all liquid is absorbed, approximately 25 minutes.

Place in bowl with squash.

Add mixed vegetables, herbs, salt and pepper to the bowl and mix well.

Place in an 8" by 8" casserole dish and bake in oven for 15 minutes.



## Salsa Fresca

### Ingredients:

4 small Roma tomatoes, chopped  
½ Cup Red onion, diced  
2 tbsp Cilantro, minced  
2 tbsp Lime juice, fresh squeezed  
1 tsp Jalapeño, seeded & minced  
½ tsp Garlic, minced  
½ tsp Sea salt, or to taste  
¼ tsp Black pepper, ground to taste  
¼ tsp Chilli powder  
¼ tsp Cumin powder  
Pinch Cayenne pepper

### Preparation:

Place all ingredients in a large mixing bowl and mix well.

## Shitake Skewers

### Ingredients:

#### Soba and Grilled Shitake:

- 1 lb. fresh shitake
- 1 lb. dry spelt or buckwheat soba noodles
- 1 large carrot, julienne
- 1/2 lb pea shoots or snap peas, sliced
- 1 tsp ginger, minced
- 2 tsp toasted sesame oil
- 1 tsp mirin
- 1 tsp shoyu sauce
- 1 tsp chilli paste
- 2 tsp toasted sesame seeds

### Preparation:

Remove the stems from the shitake and thread them on bamboo skewers. Combine the sesame oil, mirin, soy sauce and chilli paste and whisk to combine. Begin cooking by brushing the shitake with the marinade and placing them on the grill.

Grill to taste, approx 5-6 minutes.

Begin cooking pasta, by adding to boiling water and simmering for approximately 8 minutes.

Heat wok and fry the ginger in a little sesame oil for a minute.

When fragrant, add the carrots followed in a minute by the pea shoots or snap peas.

Turn the pea into the hot carrots and remove from heat.

Drain the pasta well and combine with the vegetable sauté, dressing with any extra marinade and possibly an additional dash of shoyu.

Serve the shitake skewers on top of the pasta and vegetables, with a light dusting of sesame seeds.

## Dreamy Salad

### Ingredients:

#### Cube:

1 avocado  
1 just ripe mango  
200g yellow honey melon  
200g watermelon  
1 Fuji apple  
2 chicken sausages  
200g chicken breast meat steamed and diced

#### Wasabi mango dressing:

½ cup mayonnaise  
100ml plain yoghurt  
1 tbsp wasabi  
Freshly ground black pepper  
A little lemon juice  
Sugar and salt to taste  
Dash of pepper  
1 tsp finely chopped mint leaves  
1 tbsp finely chopped nori

### Preparation:

Combine all cubed fruits in a salad bowl and chill in the refrigerator. (After the apple is cut, squeeze some lime juice over it to prevent discolouration.)

Grill the sausages, then cut into cubes.

Combine sausage cubes and diced chicken in a bowl.

Add the wasabi mango dressing and toss.

Serve immediately

## Sunrise Smoothie

### Ingredients:

1 Cup Almond milk, fresh coconut milk, rice or soy milk, or fresh fruit juice, to desired consistency  
½ Banana, fresh or frozen  
1 medium Papaya  
2 cubes Frozen orange juice  
2 Frozen strawberries

### Preparation:

Place all ingredients in a blender and blend until smooth, adding additional liquid to reach desired consistency.

## Stuffed Broiled Tomatoes

### Ingredients:

1 large tomato  
1 portabella mushroom  
Kosher salt  
1 tbsp extra virgin olive oil  
1/2 tsp dill  
1/4 tsp black pepper  
1 tbsp goat cheese

### Preparation:

Slice the top off the tomato.

Scrape out the seeds, leaving all the chambers intact.

Sprinkle liberally with kosher salt and turn upside down onto a rack positioned over a plate.

Let drain for about 15 minutes.

In the meantime, chop up the portabella roughly and place in a food processor.

Pulse a few times until it's chopped into few fine little bits.

Heat up oil in a pan, add the mushrooms and cook for three minutes.

Sprinkle with kosher salt, dill (dried works fine) and a few grinds of fresh black pepper.

Add the drained juice from the tomato and cook for another minute.

Heat the broiler.

Stuff the chambers of the tomato with the sautéed mushroom and top with the goat cheese.

Broil for six minutes.

## Chai Tea Tiramisu

### Ingredients:

4 tbsp Tiger Spice Chai mix, divided  
7 ounces hot water  
1/4 cup mascarpone cheese  
4 ounces neufatel cheese  
1/8 cup sugar  
2 tbsp brown sugar  
24 lady fingers  
Cinnamon

### Preparation:

Add 7 ounces of water to two tbsp of the Chai powder.

Stir, then chill until cooled.

Cream mascarpone, neufatel, sugar and one tbsp of the Chai powder with 2 tbsp of the cooled Chai mix.

Blend until smooth, set aside.

Dip 12 lady fingers into the cooled Chai mix, one at a time, placing them in a glass baking dish, covering the bottom.

Spread half of the cheese mixture on top.

Add another layer of dipped lady fingers.

Top with other half of cheese mixture. Sprinkle top liberally with cinnamon.

Chill 2 hours before serving.

## Vegetable Hot-Pot

### Ingredients:

1 Potatoes sliced thinly  
1 Onions chopped  
1 Leeks chopped  
1/2 Cup Carrots chopped  
1/2 Cup Cauliflower florets  
1/2 Cup. Broccoli florets  
1/2 Cup Turnip chopped  
2 Garlic chopped  
1 tbsp Corn flour  
3 Cups Vegetable stock  
2 tbsp Oil  
1 tsp Chilli powder  
1/2 tsp Cumin ground  
1/2 tsp Sage chopped  
1 Cup Cheddar Cheese grated

### Preparation:

Pre-heat the oven to 375°F.  
Wash all the veg & drain.  
Slice Potato thinly into rounds.  
Cook in boiling water for 5 minutes & drain.  
Heat oil in a pan, add garlic, onion, leeks & fry till translucent.  
Mix in all the veg, salt, chilli, cumin & cook covered for a few minutes.  
Mix the corn flour with stock, & add to the veg.  
Add sage.  
Bring to boil.  
Transfer to oven-proof dish.  
Layer with Potatoes rounds on top.  
Sprinkle with Cheese & bake for 8-9 minutes till potatoes are brown & cheese melts.

## Vegetarian Ceviche with Lime and Tofu

### Ingredients:

2 lb firm or extra firm tofu  
2 tbsp vegetarian Worcestershire sauce  
4 large tomatoes, seeded and chopped  
1/2 cup freshly squeezed lime juice  
1 cup cilantro, chopped  
1 small jalapeno, seeded and minced  
Sea salt, to taste  
1 small red onion, finely chopped  
1 medium green pepper, finely chopped  
2 tbsp fresh ginger root, peeled and minced  
2 cloves garlic, minced  
1 cup canned coconut milk

### Preparation:

Preheat oven to 400°F.

Drain the tofu.

Cut into 1-inch cubes and pat dry with a paper towel.

Mix tofu with Worcestershire sauce.

Spread tofu out evenly on a parchment-lined cookie sheet and bake for 30 minutes, turning tofu over once in the middle of baking.

Cool to room temperature.

When tofu has cooled, mix together all remaining ingredients in a large bowl.

Add the tofu cubes and toss gently.

Allow the flavours to blend in the refrigerator for at least 2 hours to overnight before serving.



## Fusion Wrap

### Ingredients:

- 3 sliced, cooked chicken breasts
- 1 8-ounce package of cream cheese.
- 2 tbsp Ranch dressing
- 1 tbsp Dijon mustard
- 4 12-inch tortillas, pitas, naan or other flatbread
- 4 cups Romaine and Chinese lettuce (or Bok Choy)
- 3 sliced plum tomatoes
- 1 cup sliced Shitake mushrooms

### Preparation:

- Mix mustard, dressing and cream cheese.
- Spread flavoured cream cheese mixture over wrap.
- Spread the lettuce over the cheese layer.

Place sliced tomatoes, chicken and mushrooms across one end and roll it up like sushi.

Wrap the wrap tightly in waxed paper, folding over the ends.

### Zucchini & Mushroom Stir-fry

#### Ingredients:

1 Peeled & Cubed. Zucchini  
10 Cubed. Mushrooms  
1 Chopped Finely. Onions  
1 minced Garlic Clove  
Salt & Pepper  
1 tsp Cumin Powder  
2 tsp Oil

#### Preparation:

Heat a pan with oil, Add Onions & fry till translucent.  
Stir in garlic.  
Mix in Zucchini, Mushrooms & Salt.  
Cover & cook for about 5 minutes.  
Add Pepper & Cumin Powders.  
Adjust the seasoning & serve as a side dish.

## Zucchini Fried

### Ingredients:

1 lb. Zucchini small  
4 tbsp Oil  
Salt & Paprika

### Preparation:

Trim edges & cut Zucchini lengthwise.  
Sprinkle with salt & Paprika.  
Heat Oil & pan fry the Zucchini.  
Turn both sides & fry till golden brown.  
Drain on Paper towels & serve with Humus

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